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2016 COUNSELING CENTER DIRECTORS SURVEY RESULTS

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The Association for University and College Counseling Center Directors (AUCCCD) is the international organization for counseling center directors and is comprised of approximately 826 universities and colleges from the following: United States and its territories; Australia; Azerbaijan; Canada; China; Japan; Oman; Qatar; Singapore; St. Kitts and Nevis; United Kingdom; and Uganda. Since 2006, AUCCCD has administered the Annual Survey to its membership as a means to increase understanding of those factors critical to the functioning of college and university counseling centers. Beginning in 2014, non-AUCCCD members who direct counseling centers were invited to participate as well. The AUCCCD Survey is the single largest sampling of counseling center directors in the world.

2016 Survey Highlights:

- Among students reporting if counseling services promoted their academic performance, 72% responded positively.
- Anxiety continues to be the most predominant and increasing concern among college students (51%), followed by depression (41%), relationship concerns (34%), suicidal ideation (20.5%), self-injury (14%), and alcohol abuse (10%).
- On average, 27% of students seeking counseling services take psychotropic medications.
- Sixty-four percent of directors report that psychiatric services are offered on their campus, up from 54.5% last year. Of those who have psychiatric services on their campus, 52.9% are housed in the counseling center.
- Service utilization by diverse groups is proportionate to the general student body as it has been in previous years. The notable deviation continues to be with male students, only making up 33% of clients but comprising 44% of the student body.
- Hiring trends reflect clinical staff increases across most underrepresented groups. Clinical staff was identified as 71% White, 10% Black, 7% Latino/a, 8% Asian, 2% Multicultural, 2% Other, and 1% Native American. New hires identified as 62% White, 15% Black, 8% Latina/o, 10% Asian, 3% Multiracial, 2% Other, and .4% Native American.
- Ninety-two percent of counseling centers do not charge a fee for services and an additional 7% only charge a fee after a determined number of sessions.
- The majority of directors indicate that direct clinical service, classroom/campus outreach, supervision/professional training, and faculty/staff training are all integral parts of their collegiate mental health mission.
- Fifty-nine percent of counseling centers operate comprehensive services and coordinate care administratively independent from other campus services. Twenty percent report clinical and administrative integration with Health Services. Eleven percent report administrative integration, but not clinical integration. Lastly, 9% report clinical integration, but not administrative integration.
- Counseling centers continue to gain staff member FTE at a much higher level than those losing staff (gained 6.3 FTE for every 1 FTE lost, up from 3.9 FTE last year). Forty-two percent of directors reported gaining staff during the past year, while only 14% of directors reported losing staff during the past year.

The full version can be accessed at: [AUCCCD 2016 Monograph](#)

Website: www.aucccd.org